



Freestyle 4-H Demonstration

Do you know how to do something really well? How about writing text messages -- fast? Yoga or Pilates? Leather work? Grooming your pet? Cup stacking? Showing your sense of style?

Would you like to teach others? That's what **Freestyle 4-H Demonstration** is all about.

Freestyle 4-H Demonstrations lets you:

- Share your skills and knowledge.
- Be comfortable in front of an audience.
- Celebrate your uniqueness.

What You Will Learn:

- To provide step-by-step instructions.
- To organize information.
- To answer questions and communicate clearly.

Who Can Participate

Any Alabama young person may participate in any 4-H competitive event. However, you must be a member of an Alabama 4-H Club. It's easy and quick to join – just call or e-mail your county Alabama Cooperative Extension System Office for information (for contact information, go to www.aces.edu/counties).

If you and your friends would like, you might start a 4-H Interest Club that focuses on your topic. For more information, see **Starting a 4-H Club** (www.aces.edu/pubs/docs/V/VOL-0004/).

Freestyle 4-H Demonstration is a Junior and Senior 4-H Event. Your local Extension Office has information on local and regional events, as well as other 4-H activities.

Levels of State-Recognized Competition

- **Juniors:** 9 – 13 Years Old. Participant must be 9, 10, 11, 12, or 13 years old on January 1 of the current calendar year.
- **Senior – Level I:** 14 – 15 Years Old. Participant must be 14 or 15 years old on January 1 of the current calendar year.
- **Senior – Level II:** 16 – 19 Years Old. Participant must be 16, 17, 18, or 19 years old on January 1 of the current calendar year.

One youth from each Senior level will represent the twelve 4-H Regions at State 4-H Congress. Selection processes will be determined by each 4-H Region.

You can win multiple times as a Senior Level I or II participant; but not with the same demonstration. Each year you must have gained new information and skills that you use to teach others through a 4-H Demonstration.

The Rules!

Even Freestyle has some Rules:

- Compete by yourself or on a two-person team. Youth on teams should be the same 4-H age level (e.g., Junior, Sr. Level I or Sr. Level II).
- The demonstration area is indoors and limited to an 8-foot by 8-foot area.
- Follow the 4-H Dress Code.
- No live animals or endangered or threatened plants.
- If you use equipment, know how to operate it safely.
- If you plan to use open flames, chemicals, power tools, sharp objects (knives, saws, clippers, fish hooks, etc), firearms, or ATVs in your demonstration, **follow the Risk Management Guidelines**.
- Junior and Senior demonstrations should be 5-10 minutes. No more than 5 minutes for set-up. Set-up time and answer period are NOT included in the 5-10 minutes demonstration limits.
- You may use notes, but don't read from them.
- Event facilitators will supply one table and one easel. You must supply anything else.
- PowerPoint presentations, slides, and videos are okay to use, but must be provided by the presenter and should not replace you speaking to your audience.
- Cover or remove any visible brand name labels.

Parents' and Volunteers' Guide

Like all 4-H projects, this activity is just for young people. It is expected that the young person create an original presentation. The role of adult helper is to support and encourage youth in their efforts, to ask and answer questions about the project, and to help youth learn specific techniques (such as computer techniques) that they might use in their project.



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Risk Management

If you plan to use open flames, chemicals, power tools, sharp objects (knives, saws, clippers, fish hooks, etc), firearms, or ATVs in your demonstration, **you MUST complete a Risk Management Plan two weeks prior to the event.**

Your written *Risk Management Plan* should be provided to the following:

- County event – County Extension Coordinator
- Regional event – 4-H Regional Extension Agent
- State event – 4-H Events Coordinator

The plan should include:

- How you are planning to transport and store the item(s) before and after your demonstration;
- How you will use the item(s) in the demonstration;
- How you will ensure that the demonstration is safe for you and the audience.

Include your name, age, county, e-mail address, day-time phone number and your 4-H Agent's name. If there are concerns about your plan, you will be notified prior to event. Bring a copy of your plan with you to event.

How to Get Started:

- 1) Select a topic
- 2) Decide on a title that will grab the audience's attention. It should be simple and tell what you will demonstrate.
- 3) Determine the purpose of the demonstration. You know a lot of stuff, but you only have 5-10 minutes to teach it, so don't try to cover too much. Stay focused on a main idea.
- 4) Develop an outline of the topic.

A good demonstration has four parts:

The introduction.....tell them what you are going to tell them.

Make the introduction creative, interesting, and informative. You might ask a question, give a startling statistic, or involve the audience in a short activity. Include your purpose and a list of things you might need.

The body.....tell them

Put together a step-by-step plan. For each step explain WHAT is being done, HOW it is being done, and WHY it is being done. Decide which steps may be finished or partially finished ahead of time. Plan how the audience will be able to see each step. Do you need to prepare samples or enlarged drawings? Try arranging the demonstration area so that you

are working from left to right, or right to left if you prefer.

The summary...tell them what you told 'em
During the summary you should display the finished product(s) and then highlight the main points. Motivate your audience to want to try your ideas. Decide if your audience needs a handout to take home for future reference, or a small sample of the finished product.

Responding to questions...by repeating the question to the audience so that everyone can hear. Then provide the answer. After answering all the questions, it is a good idea to end the demonstration by saying, "This concludes my demonstration", or simply, "Thank you" and a smile!

Tips for Giving a Good Freestyle 4-H Demonstration

Practice, practice, practice your demonstration. Say and do everything you plan to say and do in front of an audience. Time yourself as you practice. When you feel you are ready, ask family and friends to watch and give you ideas on how to improve.

Be organized. Use trays or baskets to group small equipment, supplies, and ingredients together. Try using one table as your work area and the other as a supply table. Arrange your equipment and supplies in the order you'll use them, and away from the front of your working space.

Use visual aids such as signs, posters, PowerPoint, and video sparingly. Keep visuals simple. Lettering should be large enough to be read from a distance of 20 to 30 feet. Show visuals only for the time needed. Keep them out of sight before and after use.

You have only one chance to make a first impression. Use good posture, with weight evenly on both feet. Wear clothes that fit properly, are neat and clean, and appropriate for the type of demonstration you are giving. Wear jewelry that does not dangle or make noise.

Speak clearly and distinctly. Speak loudly enough to be heard across the room. Talk directly to the audience, not the table or the floor.

Smile and enjoy teaching others.

Above and Beyond

- Use a combination of three dimensional and two dimensional visuals to accentuate your topic.
- Deliver your demonstration to another local community group, a school group, or a church group.
- Have someone videotape you delivering your demonstration. Watch it. Critique it. Make a list of possible questions the audience may ask you and be ready.
- Create a power point presentation on preparing and presenting a demonstration. Show it to your club.
- Make arrangements to visit a television station or another kind of oral presentation to observe others speaking to an audience. What makes them a good speaker – take notes.
- Ask the television station manager if you can give your demonstration on-air to their viewing audience – live or taped for airing at a later date.
- Pretend you are a judge. Listen to others give their demonstrations and then constructively critique what they had to say.

Career Connections

Can you honestly think of a career that does not require you to communicate with people? In fact, in the future, your communications skills will not be evaluated by a 4-H judge and awarded a ribbon placing. Your communications skills will be evaluated by your boss or manager and will partially determine your pay raise and promotional opportunities. 4-H has stressed communication skills throughout our 100 year history. Communication has been, and will always be, an important life skill.

Judging Guidelines

The score sheet allows 4-H youth to specifically see what skills they need to improve and what skills they have already mastered. Participants will be peer ranked (1st, 2nd, 3rd) according to their ratings. Lots of checks in the “excellent” column is better than only a few checks.

Suggestions for Event Facilitators

- If possible, gather information about the demonstration topics prior to event. A) Use your discretion to ensure that the topic is suitable for a 4-H audience. B) Look for common topics and select judges that are suitable.
- Have participants draw numbers to determine the order of presenting.

- Encourage the audience to ask questions at the end of each demonstration. Questions aimed at discrediting the presenter should not be allowed.
- Introduce participant by name and the club and/or county they represent.
- No time warnings are necessary. Begin timing after their introduction and stop the timing when they ask for questions.

The best judges are people who regularly speak or demonstrate before a group and convey a warm personality. They also are people who are comfortable applying standards. Teachers (by profession or knack) make excellent judges. Remind judges to have a few questions ready to ask in case the audience has no questions.

Freestyle 4-H Demonstration Score Sheet

Name: _____ Participant # _____

Level: _____ Junior (ages 9-13) _____ Senior I (ages 14-15) _____ Senior II (ages 16-19)

Club/County: _____

Title of Demonstration: _____

Evaluation Criteria	Needs Improvement 0-3 pts.	Good 4-7 pts.	Excellent 8-10 pts.
PRESENTATION			
Appearance of 4-H Member Neat, appropriately dressed, poised			
Voice/Communication Audible, clear, body language, gestures			
Manner Confident, enthusiasm, handles the unexpected			
Correctness Grammar, pronunciation, word selection, not memorized			
Visual Aids Effective, readable, concise, used appropriately			
Equipment Used correctly, arranged logically, integrated well			
SUBJECT MATTER			
Introduction Captures attention, interesting, appropriate for topic			
Body Logically organized, clear, shows step-by-step			
Summary Key points reviewed, audience motivated			
Questions Correct answers, keeps composure, depth of knowledge			
One Basic Theme Narrow topic, appropriate for time limit			
Time Limit Total time of demonstration _____	0 Under 4 min Over 11 min	5 4-5 min 10-11 min	10 5-10 minutes
Accurate Information Accurate, up-to-date, references cited			
Age Appropriate Topic appropriate for age, ability, interest of youth			
Results Purpose of demonstration accomplished			
Total Score (Possible = 150)			

COMMENTS: